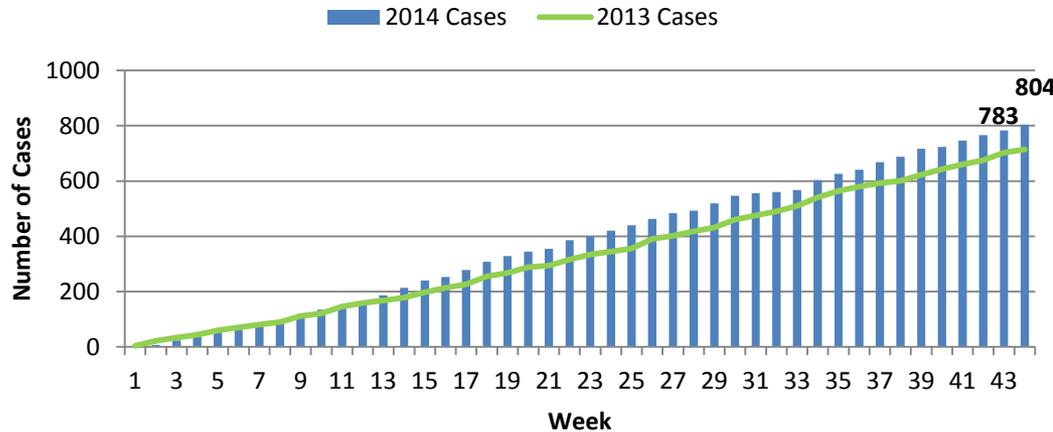


# Drug Dependent Newborns (Neonatal Abstinence Syndrome)

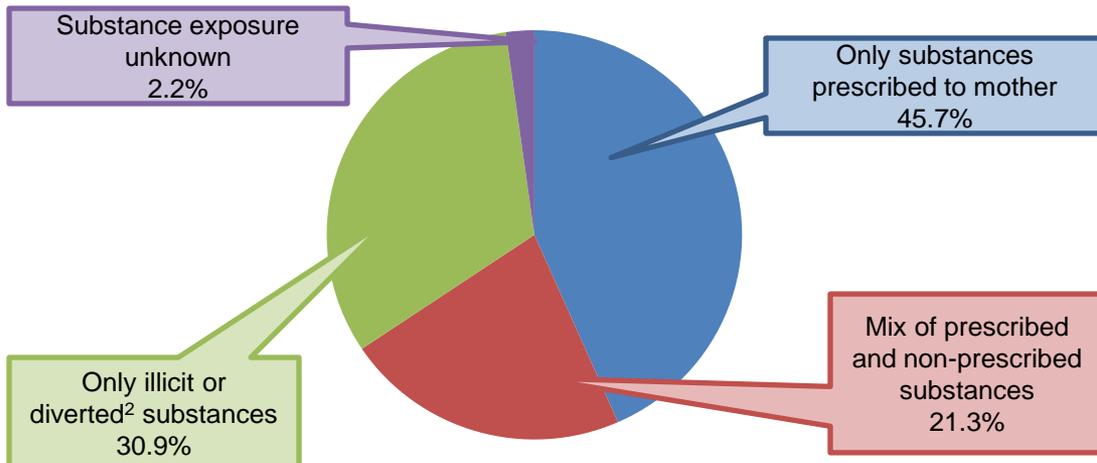
October Update (Data through 11/01/2014)



## Cumulative Cases NAS Reported



## Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **804 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014
- In the majority of NAS cases (**67.0%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2014 have occurred in Sullivan County and the East, Northeast, and Upper Cumberland Regions.

### NAS Prevention Highlight

*The Tennessee Department of Health, in partnership with the Department of Mental Health and Substance Abuse Services, has provided training to five local health departments in the Screening, Brief Intervention and Referral to Treatment (SBIRT) model. Local health department staff will screen patients for prescription drug misuse, provide a brief intervention to at-risk patients (motivational interviewing), and refer patients as appropriate to local mental health treatment centers. Learn more about Substance Abuse Prevention Services in Tennessee [here](#).*

### Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) <sup>3</sup>	# Cases <sup>3</sup>	% Cases
Supervised replacement therapy	429	53.4
Supervised pain therapy	112	13.9
Therapy for psychiatric or neurological condition	53	6.6
Prescription substance obtained WITHOUT a prescription	320	39.8
Non-prescription substance	168	20.9
No known exposure but clinical signs consistent with NAS	2	0.3
No response	16	2.0

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	40	4.8
East	224	34.5
Hamilton	12	3.4
Jackson/Madison	2	1.9
Knox	85	19.8
Mid-Cumberland	69	5.6
North East	116	42.2
Shelby	32	2.8
South Central	28	7.6
South East	19	6.1
Sullivan	65	48.9
Upper Cumberland	89	28.3
West	23	4.7
<b>Total</b>	<b>804</b>	<b>12.2</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- Use prescription medications only as directed by a health care provider.
- Store all medications in a secure place.
- Dispose of medications properly. Do not keep medications around “just in case” you need them.
- Never use medications prescribed for someone else.

#### Health Care Providers

- Discuss pain treatment options, including options that do not involve prescription pain medications.
- Talk with patients about the risks and benefits of prescription pain medications.
- Query the Controlled Substance Monitoring Database before prescribing an opioid or benzodiazepine.

#### Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Call your local Poison Control Center (1-800-222-1222) for questions about medications.

#### Notes

1. Individual weekly summary reports are archived at: [http://health.tn.gov/MCH/NAS/NAS\\_Summary\\_Archive.shtml](http://health.tn.gov/MCH/NAS/NAS_Summary_Archive.shtml)
2. “Illicit” means drugs which are illegal or prohibited. “Diverted” means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

For questions or additional information, contact Dr. Angela Miller at [angela.m.miller@tn.gov](mailto:angela.m.miller@tn.gov).